

#### ABSTRACT

An object of the invention is to provide an optical disc in which the influence of recording interference is reduced to make it possible to narrow the interval between adjacent 5 recording tracks and increase the recording density of information.

The optical disc comprises a substrate 1 on which the grooves G are formed, a reflecting layer 2 for reflecting an optical beam, a recording layer 3, and a cover layer 5 for 10 protecting the recording layer 3, in which the cover layer 5, the recording layer 3, the reflecting layer 2 and the substrate 1 are disposed in this order from the side where the optical beam is applied, and the thickness of the recording layer 3 formed in an area opposed to the groove G and forming 15 a recording track TR is greater than the thickness of the recording layer 3 formed in an area opposed to an area on the substrate 1 between two adjacent grooves G.